

To All Current Students at Ritsumeikan University:

The Student Support Room (SSR) at Ritsumeikan University is closed as follows:

**Kinugasa / Suzaku Campus: Dec 24 – Jan 5**

**BKC Campus: Dec 24 – Jan 5**

**OIC Campus: Dec 27 – Jan 5**

**We will be open on Jan 6.**

We are not able to reply to your email or the Counseling Request Form during this period.

In urgent cases, the following emergency telephone counseling is available:

☆**TELL Lifeline:**

(03)-5774-0992 English only.

9 am to 11 pm Monday-Thursday, and 9 am to 2 am Friday-Sunday

<https://telljp.com/lifeline/>

☆**Helpline for foreign languages – 外国語による相談**

0120-279-338

Available in 10 languages.

The consultation hours for the Foreign Language Line are available from 10:00 am to 10:00 pm every day.

<https://www.since2011.net/yorisoi/n2/>

See the below file for clinics/hospitals/hotlines available in Japanese:

<http://www.ritsumei.ac.jp/file.jsp?id=505437>

The SSR will be open on Jan. To make an appointment at the SSR:

[Counseling Request Form](#)

You may find helpful information in our Mental Health Tips, such as 10-second breathing technique, Mindful breathing, Progressive muscle relaxation, Masseter muscle (facial) massage, Autogenic training method, and others.

[Relaxation Techniques](#)

Take care of yourself and have healthy holidays! The SSR supports all the students to flourish in their campus l